

BEGINNER 5K TRAINING LOG

NAME: _____ START DATE: ____ / ____ / ____

WEEK	DAY 1 (RUN/WALK)	DAY 2 (REST)	DAY 3 (RUN/WALK)	DAY 4 (REST)	DAY 5 (RUN/WALK)
01	1m Run / 2m Walk (x7)	Rest	1m Run / 2m Walk (x7)	Rest	1m Run / 2m Walk (x7)
02	2m Run / 2m Walk (x5)	Rest	2m Run / 2m Walk (x5)	Rest	2m Run / 2m Walk (x5)
03	3m Run / 1m Walk (x5)	Rest	3m Run / 1m Walk (x5)	Rest	3m Run / 1m Walk (x5)
04	5m Run / 2m Walk (x3)	Rest	5m Run / 2m Walk (x3)	Rest	5m Run / 2m Walk (x3)
05	8m Run / 2m Walk (x2)	Rest	8m Run / 2m Walk (x2)	Rest	20m Continuous Run

WEEKLY GOALS & PROGRESS NOTES

Consistency is key. Listen to your body and stay hydrated.